

# PATHWAY COUNSELING SERVICES

## EATING DISORDER RISK ASSESSMENT

Are you unsure if you have an issue with food or your body image? Could you or someone you love be at risk for an eating disorder? Take the test below and find out!

- Do you count calories or fat grams?  Yes  No
- Do you count or restrict carbohydrates?  Yes  No
- Are you always on a diet or think you should be on a diet?  Yes  No
- Do you skip meals often to reduce your intake and save calories?  Yes  No
- Do you look in the mirror and dislike or hate your body?  Yes  No
- Do you try to eat when no one else is around or watching?  Yes  No
- Have others expressed a concern about you re: weight, eating, exercising, etc.?  Yes  No
- Do you consuming large amounts of food quickly and feel out of control while doing it?  Yes  No
- Do you try to "undo" this by vomiting, laxatives, exercising, or not eating?  Yes  No
- Has your period stopped or become irregular?  Yes  No
- Do you categorize food into "good" and "bad", "I can't eat that because it is bad"?  Yes  No
- Do you see yourself as fat?  Yes  No
- Are you fearful of gaining weight, especially if you eat a normal sized meal?  Yes  No
- Do you hide food so others think you have eaten?  Yes  No
- Are you always trying the newest diet in hopes that "this will be the one"?  Yes  No
- Do others think you are too thin or don't eat enough?  Yes  No
- Have you or someone else noticed that you have become depressed, anxious, irritable or withdrawn lately?  Yes  No
- Do you become angry or defensive when someone asks you about your weight, food, or exercise?  Yes  No
- Do you become angry when you are asked to eat with others?  Yes  No
- Have you ever wondered if you have an issue with food?  Yes  No
- Do you feel like your weight, body, food or exercise is consuming your thoughts and life?  Yes  No
- Do you think about food most of the time?  Yes  No
- Are you able to tell physically when you are hungry and when you are full?  Yes  No

If you answered "yes" to 5 or more questions, you could have or may be at serious risk for an eating disorder. Eating disorders are serious and have many very serious medical and emotional complications that get worse without treatment. The sooner it is addressed the sooner you can take your life back. An eating disorder is something you can recover from and not have to live with the rest of your life! Please call Pathway Counseling Services at 281-205-1355 to make an appointment for a full evaluation and recommendations.